



THE

SPECTRUM

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"SHEDDING LIGHT ON CAMPUS NEWS SINCE 1983"

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SHU Prepares for 25th Annual Discovery Gala



TRACY DEER-MIREK/DEPARTMENT OF COMMUNICATIONS AND PUBLIC RELATIONS

STUDENTS GATHER WITH PRESIDENT PETILLO AT THE 2013 DISCOVERY GALA.

BY ALYSSA ANDERSON
Staff Reporter

On Saturday April 12, Sacred Heart University will be hosting its 25th annual Discovery Awards and Scholarship Gala.

According to Special Events Coordinator, Anne Whitman, this event is the biggest fundraiser for University Scholarship Programs. Last year, over \$500,000 was raised for student scholarships and even more is expected to be raised this year. According to the press release, the tickets for the event are priced at \$500.

"We welcome our Board of Trustees and our largest supporters to an elegant evening at a reception at the Linda E. McMahon Commons followed by a performance by the Beach Boys at the Edgerton Center for the Performing Arts," said Whitman.

Guests will start the evening at the Linda E. McMahon Commons where they will be served food and drinks, followed by entertainment. After the gala, guests will move to the Edgerton Center where they will get to see a performance by the Beach Boys, who are also celebrating a 50th anniversary, said the press release.

This year's gala is also celebrating Sacred Heart's 50th anniversary along with the hundreds of scholarships that students have received over the past 25 years.

Whitman said the event has been in the planning process for a year. Months of work goes into planning the gala, including securing the act, catering, the florist, valet, acquiring sponsors, and other details.

"Over the years it has evolved. It took place on campus at the Pitt Center for many years and then it was at a hotel venue off campus," said Whitman. "We brought it back to campus three years ago with this

year's same format."

According to the press release, this event provides an opportunity to raise money for students who might not be able to attend Sacred Heart otherwise.

Sophomore Mikaela Marbot will be attending the gala. She said there will be 16 students attending the event this year. It's all about Sacred Heart and helping the great students and alumni who are proud to call themselves part of Sacred Heart, she said.

"I am very excited about the opportunity to represent my school amongst all of the alumni who have walked these halls before me," said Marbot. "I think it will be interesting to discuss the changes that Sacred Heart has gone through since the alumni and sponsors were here, and I'm really hoping to get some real life experience stories from people who are out in the world with Sacred Heart educations."

Puzzlethon Aims to Raise Money for Autism

EDUCATION STUDENTS TO ORGANIZE COMMUNITY EVENTS

BY KELLY ROMANO
Staff Reporter

Since the 1970s, the month of April has been dedicated to spreading awareness about Autism. Autism is a problem in every one in 68 children across the country, according to Autismspeaks.org. With this disability being the fastest-growing seri-

ous disability in America, Sacred Heart is spreading awareness and hosting a Puzzlethon to raise money for families with children with autism.

An average household who has children with autism spends an average of \$60,000 a year. On Saturday, April 12th from 10am-3pm, Sacred Heart is hosting this puzzlethon at Oakview to help allivate these costs for families.

"Puzzlethon is a great fundraiser

for the population of children with autism because this event really is for them. It's a place for them to feel safe and be able to do puzzles, color, have good food, and just enjoy the day," said Junior Taylor Mag-notti, a student involved in organizing the event.

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News

“Some of my most fond memories of childhood are on Easter morning with my siblings. People who donate to the drive are giving that to these families.”

-Senior Lisa Battista

Volunteer Program's Annual Easter Basket Drive

BY AILEEN CASMANO
Staff Reporter

The Office of Volunteer Programs and Service Learning ran their annual Easter basket drive from April 1 to April 8. The baskets were donated to the Daughters of Charity center in Bridgeport.

“Some of my most fond memories of my childhood are on Easter morning with my siblings. People who donate to the drive are giving that to these families,” said senior Lisa Battista.

Any overflow of donations may go to other charities in Bridgeport, such as the Caroline House. Students and faculty were encouraged to donate baskets

or fixings to fill them. As of press time, a small group of Sacred Heart students are planning to volunteer their time today to deliver them.

“One particular student donated 30 baskets and will be coming with us [today] to deliver them,” said Margaret Casey, who is the coordinator of the drive and the Administrative Assistant for Volunteer Programs.

A group of students volunteered their time on Tuesday by putting the baskets together and getting them ready to be distributed.

“Even if you don't have the time to put a full basket together you can donate one item, a little bit goes a long way,” said Casey.

Volunteer Programs offered students the opportunity to put the time towards their service learning project or scholarship hours. The office has received so many donations that they have a limited amount of students that can volunteer because there is not enough space in the van.

“We try to steer away from filling the baskets with just candy,” said Casey. “Many donations we receive are stuffed animals and little toys. The children love them.”

In the past, people have donated filled baskets as a club, department, or with their roommates to divide the cost. Some suggested donations were coloring books, crayons, and books. Candy donations had to be in its packaging and

wrapped.

“We ask for toy and craft donations because some children may be diabetic or have a food allergy, so we want to accommodate everyone,” said Casey.

Margaret Casey has been running this drive for the past 10 years and works closely with Daughters of Charity on other service opportunities. She also is in charge of the Adopt a Family drive around Christmas time, which is when people can buy presents for the less fortunate so that children can have gifts to open on Christmas morning.

“Any little bit helps, and that goes for every volunteer or donation opportunity,” said Casey.

Dr. Rose's Presidential Field Trip



THE OUTSIDE OF PRESIDENT FRANKLIN D. ROOSEVELT'S HOME.

BY EMILY ARCHACKI
Assistant News Editor

On March 26, students from Professor Gary Rose's American Presidency course took a field trip to President Franklin D. Roosevelt's home and Presidential Library and Museum located in Hyde Park, New York.

“I really enjoyed the trip, because we were able to physically see where an important American president lived. It was overall an amazing opportunity,” said sophomore Nicole Gemba.

The field trip began with a guided tour of the presidential home, “Springwood”, complete with all original furniture. A National Park Service Ranger led

the tour.

“I enjoyed going inside the home and seeing where FDR conducted fireside chats. Those chats were a very important time in history, and that was the first time a president used the media to inform the citizens of the United States of important topics that were occurring in that time period,” said junior Caitlin Isherwood.

After the guided tour, students were allowed to independently tour the presidential library and museum.

“I loved seeing all the letters that had been saved and put on display that adults and children had written to FDR in the museum portion,” said junior Rose Hatch.

The museum recently went through a complete renovation, with brand new exhibits on display.

“The museum took you through

every step of FDR's life from his early days, through his illness, presidency, and death. It was fascinating and remarkable,” said junior Josh Murphy.

One of the highlights of the museum tour was FDR's personal car located on the bottom level of the museum.

“It was interesting to see the car he actually drove even with his polio. The car was in pristine condition, and it even showed the levers that he used to drive with his hands instead of his feet,” said Gemba.

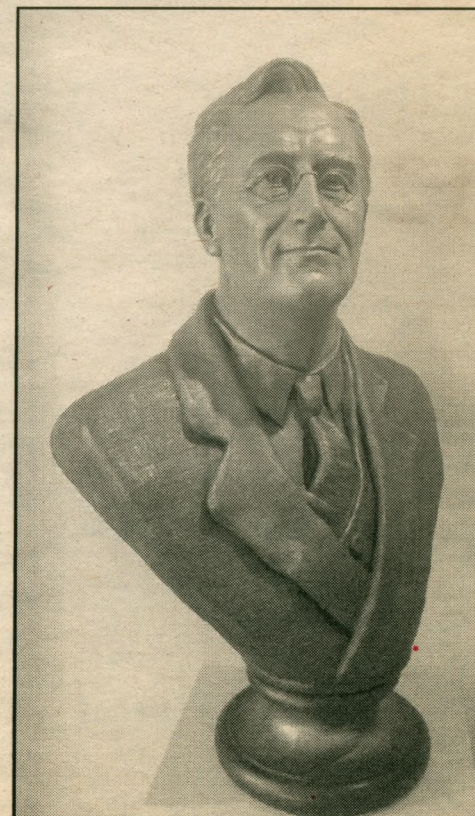
As America's only four-term president, the field trip offered students many opportunities to learn further about FDR's role as president.

“In my presidency class we not only cover all of the presidents, which includes a block on FDR, but we also spend considerable time on the ‘modern presidency’ which came into existence during

FDR's presidency,” said Professor Gary Rose. “For students who want to understand the current scope of a president's domestic and foreign policy powers, they have to first understand all that transpired under FDR, as it was his presidency which transformed the presidential office into the office that President Obama now occupies.”

Due to the close proximity of the location of the field trip, a two-hour drive, Professor Rose is considering making the trip a mandatory component of his course on American Presidency.

“You can study FDR, his policies, and their effects on the world, but until you know who the man was you can't really say that you understand the whole picture,” said Murphy. “This trip allowed you to see FDR, not solely as a president, but also as a man.”



THE SPECTRUM/ EMILY ARCHACKI

A BUST OF FRANKLIN D. ROOSEVELT

Perspectives

CT Minimum Wage Set to Increase in 2017

BY KRISTINA BURGWIN
Staff Reporter

On March 26, Connecticut lawmakers became the first in the country to pass legislation that will increase the state's minimum wage to \$10.10 by 2017. Sacred Heart students are hoping for the personal benefits of this increase.

Starting in 2015, minimum wage will rise to \$9.15. Minimum wage was just changed a few months ago, so the current minimum wage is \$8.70; this is a major change for this state.

"It will be a huge increase in my paycheck at the end of the week. It will help me to pay my bills and I could also work less and focus more on school and social life," said freshman Kathy Ingland.

The positive effects of this increase in pay could very well include a decrease of workers falling below the poverty line.

"I think it will help adults and their families because they will be able to afford a little bit more to provide for their families," said sophomore Mohammad Rana.

However, some students believe adverse effects can occur on a deeper level.

"It is an idea that is noble in ideology, yet fails in execution. When wages go up, prices go up. Since the 1980's, we have raised the minimum wage several times and have seen nothing but severe decrease in the value of a dollar," said junior Chris Minardi. "The idea is noble because it is meant to help struggling poor families get out of poverty, yet it actually does the opposite making either a stagnant market or increase in poverty."

Critics are saying this increase may have a fiscally negative effect on small businesses that are said to be the backbone of Connecticut. It may be harder for these businesses to make ends meet and pay their bills.

As a result, employers may hire fewer people, reduce their hours or possibly compensate for extra expenses in other ways such as raising prices, which could hurt consumers if the minimum wage is higher.

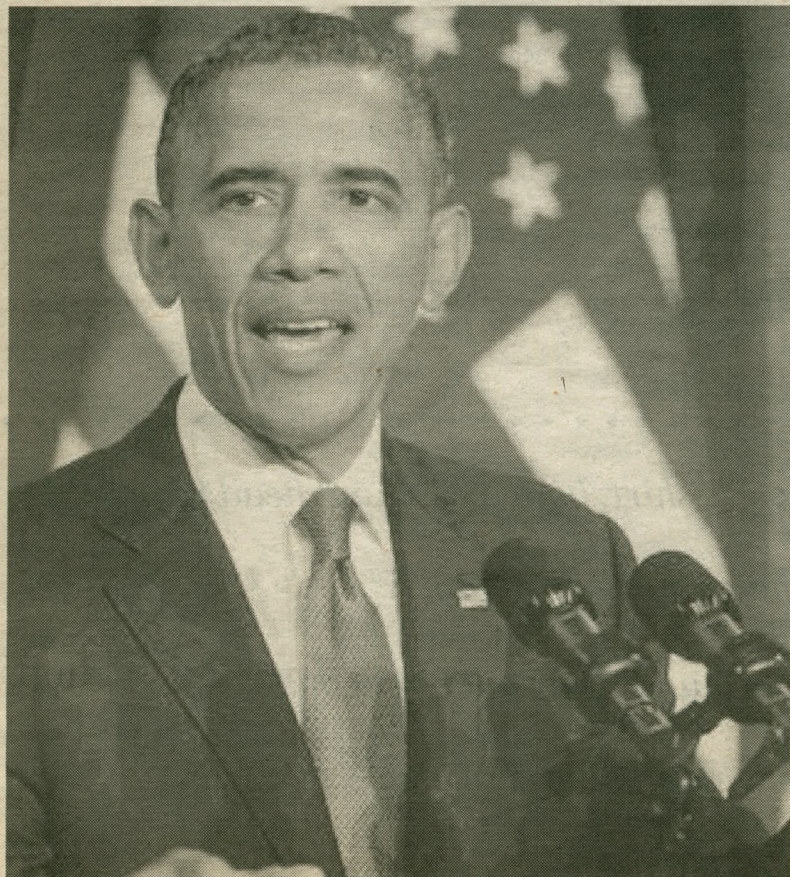
"This will definitely affect employers to hire less people because it will cost more money. It may directly change the economy to cause inflation and increased cost of living," said junior Cody Knox.

However, proponents state that raising the minimum wage is not only good for the workers, but for the economy and businesses as well.

"People may then work less and be able to spend more time with their families. I think it will help our economy because people will have more consumer money to spend," said Ingland.

Sacred Heart students appear to see both positive and negative effects of this decision.

"It is a huge positive change for those who are struggling living off minimum wage, but I feel that there will be a lot of negative to come with it like increased cost of living, inflation, job and job loss," said Knox.



AP PHOTO

PRESIDENT BARACK OBAMA ADDRESSES A CROWD THIS PAST YEAR.

THE BUZZ ON "BUZZFEED"

MARKsays...



Now this is not intended to be a snide remark, but it is next to impossible now to be a college student and scroll through your Facebook newsfeed without coming across a link to the very popular and entertaining multi-media news website, BuzzFeed.com. Don't misunderstand me, I love BuzzFeed, but it is inescapable.

I check BuzzFeed at least once per day, and most of the time the website is where I come in to contact with the outside, instead of the news of my immediate surroundings in college. College can feel like a closed off, exclusive social environment at times, but I still enjoy keeping in touch with world news and media news.

One of the main reasons I love visiting the site is because of the humor that is injected into almost every article they run on the website. I have spent countless hours laughing at some of the captions attached to the photo sets depicting anything and everything under the sun. Specifically, what makes BuzzFeed so appealing in my eyes, aside from the humor, is the idea that it has such a wide variety of topics and if you are a fan of any show on television, chances are there is an article discussing the show in some sort of context in its archives.

Whether an article is discussing about the most recent episode and the twists that came along with it, or a discussion on the conspiracies of various season and series finales, BuzzFeed delivers. The website feels more like a community of viewers, a community of listeners, and a community of voices, then just simply an entertainment news source. BuzzFeed has intelligent, sarcastic and hilariously witty writers on its staff and I believe that the writers and editors have shaped the site into a platform for people to come together, and laugh together.

However, despite how much I adore BuzzFeed, it does worry me at times as well. The majority of the posts on BuzzFeed, including the lengthier political or social news articles, are typically just a collection of photos with captions used to describe the photo or a feeling found in the photo and relating it to the articles' topics. This is what worries me, the fact that it seems like more and more of my peers are only consciously choosing to read these short blurbs, instead of going for full, and developed articles.

It's almost as if most of my peers refuse to put the time into reading a full news article, and what is so sad about that is that in-depth and developed articles have so much more detail in them, and people are missing out on that. Articles have quotes from credible sources, and perspectives from different people and help to flesh out an article to give the reader a fuller experience.

If BuzzFeed is considered by anyone as "modern journalism," then it is definitely a double-edged sword.

AMYSays...



My opinion of BuzzFeed is quite low at the moment. I mean who do they think they are? This is a website, for those of you who don't know, comprised of LOLcats and random quizzes that surprisingly make you feel pretty unworthy. They also find vast enjoyment in creating meaningless lists that are supposed to tell you all about life in the 21st century. These lists are horrible ranging from how to cope with college stress to steps in deciding how single you actually are. One of my favorites: "72 thoughts every lady has while trying on swimsuits." Aside from telling me exactly what I am thinking, they are doing it in a list 72 lines long. Somehow I feel cheated in all of this. Next down is "17 ways to eat more nutella?" Clearly we have too much time on our hands here, people. I'll stick to my spoon, thank you. The one that got me the most was "72 truths 'Friends' taught you about life in your twenties." What about "72 truths being in your 20s taught you about being in your twenties?" For some reason that list is more workable for me. Now, back to the quizzes. I know I'm being melodramatic but I answer the quizzes with honesty and in response am told that I am unfit for Ryan Gosling's companionship and the cartoon equivalency of Angelica from The Rugrats. (She is arguably the worst character in cartoon history if you don't count Mr. Crabs from SpongeBob.)

If you are wondering what Peanuts character I tested as, it's Pig Pen. God they didn't even give my Lucy, just straight to the silent kid that has a perpetuating dirt cloud floating above his head. I could just die. My BuzzFeed experience did not start out this horribly. I used to think the quizzes were fun, a nice release of sorts. I would log onto Facebook in the middle of a long day and get bombarded by all these alluring quizzes.

I was first drawn in by "What 80s cartoon character are you?" I got Transformers. They told me I am a little outside the box, but I should have no fear because it is also my source of self-confidence. Very interesting to me that they got all that information from an 80s cartoon series, but I'll take it. My results were not too far off; I am considerably outside of the box. I decided to continue on. The site led me towards "Did you actually grow up in the 90s?" I was pumped. I was born in 1991 so I had 9 full years of 90s bliss. I had this one in the bag. I was wrong, obviously. Basically BuzzFeed told me my 90s knowledge is the equivalency of "Destiny's Child dressed up as genies and that I may not have all the facts, but my knowledge is timeless." Okay—So I'm over here getting punched in the face with nostalgia longing for Lite-Brites and Geo-Pets and you're telling me I am the equivalency of "Destiny's Child dressed as genies?" What does that even mean? I'd rather log onto the Oregon Trail and "die of dysentery" for the thousandth time than take another one of these quizzes. Even so, I endured to one last quiz. It was "Which Parks and Recreation character are you?" Now this is one of my favorite shows currently on television so I was pumped to see what esteemed and witty character I was most like. I got Lil' Sebastian, the mini horse. They told me "I was a warrior and when life hands you lemons you turn them into a mini horse." I'm not going to lie I kind of wanted a human character like April Ludgate or Ron Swanson, but instead I got an animal that dies in the first season. Jeeze, BuzzFeed does not get me at all.

Perspectives

The Catholic School Experience



THE CHAPEL OF THE HOLY SPIRIT IS A POPULAR PLACE AMONGST RELIGIOUS STUDENTS.

THE SPECTRUM/ ALYSSA ANDERSON

BY NICOLE CANNIZZARO
Staff Reporter

Depending on the type of university you choose to attend, the experiences of a college student can vary. As a Catholic University, Sacred Heart University tries to instill several core values, many of which revolve around faith, into their students.

The Faith and Service Departments at Sacred Heart aims to involve students in Volunteer Programs, Campus Ministry, church events and mission trips through groups like Habitat for Humanity and local charities.

“You don’t have to be Catholic to come here, but I am Catholic and I go to church when I’m home. I don’t really make it to church here as much as I’d like to, but Sacred Heart is nice because you won’t be judged for your religious practice or be-

liefs,” said sophomore Matthew Holzer.

Students who want to get more involved in campus ministry event planning or if a student is interested in being trained in faith sharing and ministry they are able to apply to be a part of something called the C.O.R. Team. If a student is selected to be a part of this team they will meet weekly to plan events and train with a group, and the student will be awarded a scholarship for their service.

Molly Stewart, a sophomore at Sacred Heart was one of nine students to be accepted onto the C.O.R. Team for this year. Stewart tries to lead through example as a peer minister and believes that anyone can benefit from being a part of campus ministry events, no matter what your faith is.

“I can’t say that a majority of SHU is very involved in Campus Ministry, but the numbers are definitely growing.

Even from last year to this year, the fellowship nights and retreats have been much more heavily attended,” said Stewart. “The events held are meant to bring everyone together and strongly encourage people to share their experiences of faith.”

Not all who attend Sacred Heart University practice the Catholic religion; some practice no religion at all. Junior Mason Powers doesn’t believe that being at a catholic school affects his college experience much at all.

“I don’t go to church, the only religion I learn is in the required common core classes,” said Powers.

Students like junior Geoff Connors on the other hand, enjoy having church on campus because it gives him a chance to take himself out of school mode and interact with others.

“Going to a catholic college affects my college experience, but in a posi-

tive way. It allows me to go to mass every weekend in a church that is full of my peers. All the homilies are geared toward us college students, which makes them particularly relatable,” said Connors

Members of the Sacred Heart community can prepare for their Holy Communion or Confirmation and even inquire to get married in the campus church. Mass at the chapel is held regularly Sunday through Thursday. If you’d like to stay connected you can even visit their Facebook for updates and announcements. Campus ministry strives to help students explore and discover what they believe, in any faith.

“Being at Sacred Heart has in fact enhanced my college education and brought me closer to god, strengthening my faith,” said sophomore Jamal Vinson.

What are you wearing to the Steve Aoki concert?

- MICHAEL KENNY, JUNIOR:** *“I am most definitely wearing a sleeveless shirt, body paint and head lamp.”*
- CARLY HANSEN, SENIOR:** *“I’m wearing jeans and a neon crop top.”*
- NICOLE SWIFT, SOPHOMORE:** *“I’m gonna bedazzle my bra and wear a lot of neon.”*
- GREG BENSON, SENIOR:** *“I’m wearing a tie-dye shirt and blue converse.”*
- COURTNEY SEVIGNY, JUNIOR:** *“I’m probably wearing shorts and a floral top.”*

Editorials

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"Only miss the sun when it starts to snow..."

ALANA MILLER
NEWS EDITOR

My first editorial for The Spectrum I spoke about how I am a Floridian and one of the many reasons why I came to Sacred Heart was to experience the four seasons. I said and I quote, "I can hardly wait for my first snowstorm." I was so sick of the Florida heat.

In anticipation for my first winter at SHU, my freshman year we barely got any snow. All of my friends warned me "You'll get sick of it soon," but I never believed them. The snow came during Halloween weekend and I had to beg my friends to go play in the snow with me. The novelty of snow that freshman year was everything I hoped it would be. I enjoyed every minute of it and was happy to come to Florida for Christmas break.

I got a full sense of what a snowstorm could be during my sophomore year when Nemo hit. Now this was a fun snowstorm. Nothing about Nemo was an inconvenience. We got almost a

week off from school. It was amazing and beautiful to see so much snow at once.

At the beginning of this school year, as a junior, I was still so excited for the first snow of the season. However, this year's snow didn't seem to let up. It kept snowing and snowing and snowing. And it was freezing. I was quickly getting sick of the snow. I no longer had the desire to find people to go outside and play with me. It was even too cold to go outside and play. The beauty of the snow was fading because it was always there.

The snow became so commonplace. The thrill of the winter and "wanting seasons" was gone. I was officially becoming a "Northerner," and I was done with winter.

The big thing that contributed to my annoyance of the weather was having my own car on campus. I had to go out and buy a shovel and an ice scraper for my car. After one of the many storms, it took me about an hour and a half to dig out my car. It may seem hypocritical

because I really wanted the four seasons and I wanted winter, but this winter was a little too much.

I'm pretty sure that this past season, many in the Northeast have done their fair share of jigsaw puzzles or even learned how to knit. Even scrolling through Netflix has become a bore; trying to find television series or movies that haven't been watched. It isn't a surprise that many have reached the end of their list of snow day activities.

I don't mean to complain because after all the experience of winter is what I wanted and the experience of winter is what I got, but I think it's safe to say we're all done with this winter. It has been wonderful to walk around, in the sunshine without a huge coat over the past few days. Spring is here and while I know I will always be excited for that first winter snow, I can now appreciate that seasons come and go.



*Society articulated through a 3-year old:
What I learn from babysitting*

AMY NUNES
PERSPECTIVES EDITOR

I am a second semester senior and surprisingly enough, a mysterious benefactor is not paying for me to live comfortably. Yes, this is one of life's more substantial blows and it has forced me to turn to babysitting to keep myself somewhat afloat financially. I have learned quite a bit from the toddlers I chase around all day. They tend to serve as a reflection on several societal issues.

Just the other day I caught myself telling Quinn how cute she was four times within the first half hour of being with her. "Wow, where did you get those brown boots?" She is three years old, how would she possibly know the answer, or even care? I realized that with little girls I tend to be gravitated towards these translucent questions-- questions of outward appearance. She wants to read to me. She wants to talk about her books and the characters and adventures. I sit there braiding her hair thinking about how I wish I had her curls.

Now don't get me wrong, I know very well the importance of building one's self from the inside out. I don't need other people's reassurance and a constant offering of compliments. I know I'm halfway decent looking. I value the compliments that call to mind my creativity, my intelligence, my uniqueness. I want people to ask me my opinion. To fight and let me prove my intelligence. Even still, I subconsciously knock all of this down by approaching Quinn every time I see her with the ultimate little girl icebreaker, "You are so darn cute." Why not give her a compliment the second I see her to boost her self-esteem? God knows that's exactly what she needs...

I wonder where this all origi-

nated. Quinn is what you would call a self-assured toddler. She initiated potty training, and conquered it in one week. She wanted to be Superman for Halloween. Yes, she was a pink pig; feminine social norms brought her elsewhere on that one. But nevertheless she gets it, without being conscious of what it is she gets, she gets it. She is as independent as a toddler can live to be and yet I still approach her in a superficial way, focusing on her exterior.

It's a nasty cycle. I see it all the time. Women are constantly complimenting each other on their outward appearances as if it was some unwritten law. And if we don't get that often fake and sugar coated compliment we feel like something is wrong with us. "Do I have spinach in my teeth?" "Maybe I should take this selfie down, it only has 14 likes." Why do we crave these empty conversations and approvals?

And with that, I have found that some men just blindly follow this trajectory. They see how women treat other women and find that to be ok. They fixate on their appearances because they think it's what women want. Men don't just objectify women on their own; they get part of the idea from how women treat each other.

Women are deep, compelling beings and yet we reinforce social bonds by overly and falsely complimenting each other. We end up craving those lies. We become fixated on how we appear to others.

Just two days ago, a five year old girl told my sister that "her legs were too fat" in the midst of a playful ballet session during babysitting. She assured

her that saying things like that was not nice and the girl responded with "But, it's true, you have to be skinny to be a ballerina."

Now my sister is a Division I swimmer who is fit and beautiful. Yes she isn't the cookie-cutter stick figure, but she is herself. I'm not knocking the cookie cutter stick figure either. The "super skinny girl" is just as beautiful. Whatever shape you are, you are you and that should be sufficient.

Apparently starting at the age of five, girls and boys alike are being told to change, alter, tuck, lose, suppress. But, why? Why is this our society? Why can't a five-year-old run around and do ballet without thinking about weight? Why can't a babysitter hang out with a little girl and not talk about her cuteness? These preconceived notions of societal beauty are the cornerstones of this century's war.

We need to redefine "beauty." We have to start kicking society out of the way and stop drawing attention to things that are not needed. I didn't start thinking about how I looked until I was in high school. Yes, I looked like a fool, but I was happy. I was a child. It was blissful. Childhood innocence — we need it back. Kids just need to be kids again. Enough with all this.

Imagine a world where a woman walked into a room and the first words uttered from a guest's lips:

"Wow Quinn, look at you! You're so intelligent."

Now, imagine a world where that's all she needed.

Features

Alcohol and Stress: Your Kids Will Be a Mess



ALCOHOL USE AND TOO MUCH STRESS COULD HAVE EFFECTS ON YOUR CHILDREN

AP PHOTO

BY AMY BUONACCORSI, NEIL DOPPLER,
KEVIN HESS, AND JOSEPH WETHERELL

Contributing Writers

On Monday April 7, several students in the honors program submitted a student project for biology about how alcohol and stress can cause genetic changes that can affect your future children. Below is their project submission.

"Just take one more shot man, you've been stressed all week." Odds are, you've heard this at least once in your college career. What if you knew that these habits can affect your future kids? But, "How could this be?" you ask, "I'm not having kids yet - at least I hope I'm not!"

To answer this question, we need to look at the biology concept of genetics. Much, but not all, of who you are is because of genes. They are the blueprint that defines your unique characteristics, such as height, hair color, and eye color. Think of each gene as a blueprint for each individual trait, similar to how each room in a house has its own blueprint.

But, just like a blueprint, your genes must be read in order for your body to know what to do. If a blueprint is rolled up, no one can read it and follow what it says until it is rolled out. In a similar fashion, genes may not be accessible to the body because of things that associate with them, like a rubber band that wraps around a blueprint and keeps it rolled up. In this analogy, the blueprints are each gene that makes up your body's genome, which is just a fancy word for the complete library of your genes. So, your body is a

library that is full of blueprints.

When a process of your body happens or when something changes in your environment, like when you drink milk, for example, your body pulls the blueprint that tells it how to break down the milk. This is only possible when there is no rubber band on the necessary blueprint.

Our environment can have a big impact on who and what we are by tweaking this rubber band. This rubber band represents something known in biology as epigenetic changes. "Epi" means "above," so epigenetic changes are reversible changes that are made on top of your genome.

Environmental factors like stress and alcohol act like the rubber bands on the blueprints because they change the expression of certain genes in your genome. And that's not all, these changes can affect your children as well.

Stress is a common factor that causes these types of changes. When you are stressed, you produce a hormone called glucocorticoid, which triggers flashback memories with lots of emotion.

Glucocorticoid epigenetically affects the hypothalamus and the pituitary gland, which are in the brain, and also affects the adrenal glands, which are near the kidneys. The way in which it affects these parts of the body is by changing the expression of the protein Fkbp5. A change in expression of a certain gene indicates that the gene is being read more or less; in keeping with our above analogy, it is how many times a blueprint is being read.

In the case of the Fkbp5 gene, it is being read more, so the gene is being expressed more. These changes are associated with posttraumatic stress disorder (PTSD) and other mood disorders. The protein made by the Fkbp5 gene increases the level of glucocorticoid interaction in your brain, causing increased flashbacks of horrific memories, which is

why PTSD is common in war veterans.

One study shows how bullying can also induce epigenetic changes to your genome. This study looked at sets of twins that were identical in all of their genes and in the environments in which they grew up, but they had one major difference: one twin was bullied while the other twin was popular and well-liked. They found that the bullied twins had epigenetic changes to SERT, which is a serotonin transporter gene. Serotonin calms you down, so these epigenetic changes led to a decreased cortisol response, which is a more specific type of glucocorticoid. Because cortisol is associated with stress relief, decreasing the response of cortisol keeps you stressed longer and makes it less likely that you will handle it well. Therefore, the decreased response leads to poor stress coping abilities.

A poor stress coping strategy is resorting to alcohol to feel better.

Drinking alcohol frequently can lead to addiction. Alcohol addiction causes epigenetic changes in your brain that affect how dopamine, which is involved in reward pathways, is released.

These reward pathways are what make you feel good after an accomplishment. For example, studying hard and getting an A on a test triggers a reward pathway so that way you feel good about yourself. However, alcohol changes this pathway so that you'll only feel happy upon consumption of alcohol. This is because alcohol causes dopamine, the chemical responsible for completing your reward pathway, to be more effectively released, making you feel even happier.

When someone feels that they are unable to feel happy without drinking alcohol regularly, they rely more and more on alcohol to get them through the day. This reliance on alcohol means that the person is addicted, and epigenetics is to blame.

When these genes are epigenetically changed through things in your life such as stress and alcohol addiction, the changes can last for a long time.

Since the epigenome is linked to your genome, these changes can be passed down to your kids and potentially your grandkids. For example, there is a study that shows that the experiences your Grandma had can affect you, and depending on what these experiences are, you could be more or less prone to anxiety.

Another study shows that a father's stress levels could affect the way his children handle stress because his stress levels cause epigenetic changes to his sperm, and babies of mothers who witnessed the 9/11 attacks had higher cortisol levels due to their mother's stress.

The actions you take in college, such as putting yourself in situations in which you feel peer-pressured or bullied, or in which you drink excessively, can have long-lasting effects on your family many years from now. So, try to limit your exposure to stress and think before you drink.



AMY BUONACCORSI, NEIL DOPPLER, KEVIN HESS, AND JOSEPH WETHERELL ARE HONORS STUDENTS STUDYING GENETICS.

PHOTO COURTESY OF EMILY ARCHACKI

Features

Puzzlethon Aims To Raise Money for Autism

EDUCATION STUDENTS ORGANIZE COMMUNITY EVENT

BY KELLY ROMANO
Staff Reporter

CONTINUED FROM PAGE 1

This event is being hosted by students majoring in Education who want to focus on working with students with disabilities and special needs students. All of the proceeds from this event will go towards safety devices and assistive technology for children with autism.

"There is no registration fee and it is simply a day to have fun and do all sorts of puzzles. Donations are appreciated," said Magnotti.

Anyone is welcome to attend for food, drinks, to win raffle baskets or just sit for a couple hours and com-

plete puzzles and get your face painted.

The Puzzlethon is a place for students with autism to come and enjoy their day away from everything. Anyone and everyone is invited to attend this event.

"My hope is that we can raise enough money to help many families. These safety devices are so important and can make a huge difference in these families lives," said junior Nicole Trommelen, a student involved in organizing the Puzzlethon.

Magnotti is in charge of the decorations and the food.

"I really enjoy creating things with my hands and I cannot wait to see how my team will decorate the Oakview classrooms," Magnotti.

Trommelen is in charge of setting up the donation page to help raise money and plans on working hard this

week to make sure everything on the website is confirmed for Saturday.

"Working on this event has taught me about all of the logistics and time needed to prepare such a wonderful event," said Magnotti. "I have to say, my class has done a terrific job with staying organized and on top of each category to make sure this event is done to the best of our ability."

If a person cannot attend the Puzzlethon, donations can still be made at asrc.myetap.org/fundraiser/puzzlethon2014.

For those who can attend the event on Saturday, April 12th at the Oakview campus, then they can create their own team on the same website.

"Anyone can and should come to the event," said Trommelen.

Food Review: *Señor Salsa*



AP PHOTO

SEÑOR SALSA IS 10 MINUTES FROM CAMPUS.

BY RAY MORRISSEY
Staff Reporter

Located at 580 Post Road in Fairfield, next to the Donut Inn, Señor Salsa Mexican Grill has proven there are alternatives to other widely known burrito joints.

Burritos are not the only thing that Señor Salsa has to offer. Their menu consists of many other Mexican delights that range from quesadillas to tacos, with a variety of meat and fish options to choose from.

Upon entering the establishment, I was greeted by a line of customers, along with a happy hello from the staff behind the counter. Although the restaurant was crowded with people anxiously waiting for their burrito fix, the assembly line of workers that prepared the food made sure everyone was taken care of quickly and efficiently.

The depth of their food choices overwhelmed me, but when it was my turn to order I decided on the "Over-stuffed Grilled" burrito. This entailed a double-portion chicken, habanero jack cheese, salsa and guacamole. There was no extra charge for the guacamole, which tends to be an additional cost at other establishments.

Along with my burrito, I was given chips and a drink, rather than

having to pay an additional charge. All together my meal cost around seven dollars with tax included.

While walking to my seat, I noticed a salsa bar to my right, which customers were entitled to unlimited salsa to compliment their chips. They had multiple flavors that ranged from mild to hot, along with extra guacamole, sour cream, etc. The soda fountain that followed also provides customers with free refills of their beverages as well.

One portion of chips, although given plenty, was not enough considering all the salsa I felt the need to taste. Their "habanero" salsa, at the top of their heat scale, is definitely worth trying for all those who enjoy a nice kick.

What separates this locally owned business from the more widely known Mexican grills could be found in the portion and quality of food alone. The freshly prepared meat and additional elements of the burrito really helped to provide a home-cooked feel.

After finally finishing the monstrosity of a burrito I found myself nothing but satisfied. Not only was I satisfied with my meal but also the service was on point. Overall, my experience proved to be a success. I recommend Señor Salsa for all who love Mexican cuisine.

Tavares Tuck Receives Founders Award

BY RAY MORRISSEY
Staff Reporter

Sacred Heart University's court and field manager, Tavares Tuck, recently received a 50th Anniversary Medal at the Founders Day Celebration. Tuck, better known as "T," started working at Sacred Heart almost 10 years ago. His career and presence alone has proved to be something special to the university in many ways.

The university could thank Barbara Tuck, Tavares' mother, for his decision in becoming the court and field manager. Barbara had been working for Sacred Heart and informed Tuck of the open position in December of 2006. She herself is currently still an employee for the university.

Tuck's workday entails a thorough maintenance of all the courts and fields on campus. Now that it is spring, he begins with the softball field to assure it is clear of any waste such as bottles and cans. Afterwards, he follows up by dragging the dirt to make sure it's loose and even for any games or practices that might take place that day.

As for the football field and basketball court, it is his job to assure they are ready for use. This includes dusting the court floor and clearing any equipment that had been left on the field from other teams or students.

There is more to his job than just maintenance. Tuck's reputation has surely surpassed that according to students and coworkers.

"Having someone like Tavares on the job makes for a much more desirable work environment," said Ryan Arroyo, equipment manager for the athletic department. "Aside from his astounding work ethic, he brings good vibes and a positive attitude everyday."

Those who are personally affected by his line of work also think highly of him.

"Tavares is great. When I used to be apart of the track team it was evident that he would have everything ready for us and was always available if we needed extra assistance. All around he's just a good person," said senior Cory Lutkus.

The feelings are mutual for Tavares, because he loves working with the



TRACY DEER-MIERK/DEPARTMENT OF PUBLIC RELATIONS
TAVARES TUCK IS HONORED AT THE FOUNDERS DAY CELEBRATION.

athletes at Sacred Heart.

"My favorite part about this job are the kids; everything, my bosses, it's a big family around here and that's one of the best parts about coming to work," said Tuck.

The family atmosphere at Sacred Heart motivates Tuck to be the best at his job.

"Anything these people need, I'll do my best to make sure it happens," said Tuck.

As for his future here at Sacred Heart, Tavares looks to gain more than the current job he holds. He also hopes for it to have a positive influence on his own children, just as his mother did for him.

"I hope to work my way up, take some classes on the way and, eventually, I would love to go into business. It would also mean a lot to me if I got to see my children attend the university," said Tuck. "It would make me happy being a factor to their success."

The impact that Tuck has on Sacred Heart athletics is irreplaceable.

"Every workplace needs someone like T," said Arroyo.

Arts & Entertainment

"Chicago" Goes Above and Beyond



TRACY DEER-MIREK DEPARTMENT OF COMMUNICATIONS AND PUBLIC RELATIONS

SARAH COHEN, MICHAEL KENNY, AND LINDSAY MCGRATH IN THE THEATRE ARTS PROGRAM'S PRODUCTION OF "CHICAGO."

BY ADREANNA WALSH
Staff Reporter

Crowds swarmed the Edgerton Center for the Performing Arts for the four showings of "Chicago."

This past weekend, Sacred Heart's Theatre Arts Program put a new spin on the original 1975 musical.

This musical included choreography from Bob Fosse, the choreographer of the original production. Fosse's style is still identified with the show and that time period.

The original Broadway production opened in 1975 at the 46th Street Theater and ran for 936 performances until 1977.

The Sacred Heart Theatre Arts Program put their heart and souls into perfecting their performances to live up to the expectations of "Chicago." This famous musical has been on Broadway for years, and members of Sacred Heart, specifically the dance and choir programs, were excited to do this show.

Freshman Anna Squicciarri sat in the audience Thursday night. One of her favorite musicals and movies she's ever seen was "Chicago," so she was excited to see if her expectations would be able to live up to the musical.

"I felt the energy from the cast as soon as the curtain opened, and I couldn't take my eyes off the main characters," said Squicciarri.

Other groups on campus besides the Theatre Arts Program were also involved, such as dance and choir.

"I loved getting into character, especially because this is something I don't do often," said freshman Michelle Perrotta.

Perrotta was a member of the featured dancers in the show as well as freshman Jenna Diblanda. Both dancers loved the Fosse style of the dances.

"I've always wanted to learn the dance choreography in 'Chicago,'" said Diblanda.

Applause filled the theater and the energy from the stage was radiating.

Junior Sarah Cohen played the role of Roxie Hart, who is the main character. Roxie is known for being sensual and having a powerhouse voice.

"I love the song 'Roxie' that we sing. It gives me such adrenaline because I'm playing the role of Roxie," said Cohen.

Another big role that did not go unnoticed was a character named Aaron. The role of Aaron was played by freshman Alex DeChino.

The entire cast had a special part whether they played

criminals, or a specific main character.

"Aaron was fun to play because I love getting into a specific character, which is why I love theater," said DeChino.

"Chicago" brings a sense of mystery and anticipation, while being intrigued the entire time with singing and dancing. "Chicago" is not the usual type of show Sacred Heart is used to doing. It's a very mature and scandalous piece between the dancing, singing, and the script. It's a staple piece from Broadway that the Theatre Arts Program nailed.

"A lot of work is needed to memorize your lines, and you don't realize it until you're practicing for it," said Cohen.

"Chicago" took place in the Edgerton Center for the Performing Arts on April 3 through April 6.

Rounds of applause and whistling happened after some performances and at the end of the show.

"Making the audience happy might be one of the most rewarding things about performing," said Perrotta.

It was apparent that the cast loved to perform and give it their all. The looks on their faces when taking their final bows were priceless, and it was obvious they were proud of what they just put out on the stage.

"We took a lot of time to prepare for this, and it definitely paid off," said DeChino.

A&E Photos of the Week: Frederic Chopin Concert



MARK CONRAD/DEPARTMENT OF COMMUNICATIONS AND PUBLIC RELATIONS

THE POLISH STUDIES FUND AT SACRED HEART UNIVERSITY HOSTED A CONCERT FEATURING THE MUSIC OF FREDERIC CHOPIN, PLAYED BY PIANIST MAGDALENA BACEWSKA.

Arts & Entertainment

Iconic Actor Dies at 93

LOS ANGELES (AP) — Mickey Rooney's approach to life was simple: "Let's put on a show!" He spent nine decades doing it, on the big screen, on television, on stage and in his extravagant personal life.

A superstar in his youth, Rooney was Hollywood's top box-office draw in the late 1930s to early 1940s. He epitomized the "show" part of show business, even if the business end sometimes failed him amid money troubles and a seesaw of career tailspins and revivals.

Pint-sized, precocious, impish, irrepressible — perhaps hardy is the most-suitable adjective for Rooney, a perennial comeback artist whose early blockbuster success as the vexing but wholesome Andy Hardy and as Judy Garland's musical comrade in arms was bookended 70 years later with roles in "Night at the Museum" and "The Muppets."

Rooney died Sunday at age 93 surrounded by family at his North Hollywood home, police said. The Los Angeles County coroner's office said Rooney died a natural death.

Rooney was shooting a movie at the time of his death, "The Strange Case of Dr. Jekyll and Mr. Hyde."

Over a four-decade span, he was nominated for four Academy Awards, and received two special Oscars for film achievements, won an Emmy for his TV movie "Bill" and had a Tony nomination for his Broadway smash "Sugar Babies."

A small man physically, Rooney sang and danced, played roles both serious and silly, wrote memoirs, a novel, movie scripts and plays, and married eight times, siring 11 children.

His first marriage — to the glamorous, and taller, Ava Gardner — lasted only a year. But Rooney fondly recalled years later — "I'm 5 feet 3, but I was 6 feet 4 when I married Ava." Rooney's final marriage in 1978 to singer Janice Darlene Chamberlain lasted longer than the first seven combined.

Rooney began as a toddler in his parents' vaudeville act



FAMOUS ACTOR MICKEY ROONEY AT THE 14TH ANNUAL SCREEN ACTORS GUILD AWARDS IN 2008.

in the 1920s. He was barely 6 when he first appeared on screen, playing a midget in the 1926 silent comedy short "Not to Be Trusted."

Rooney was among the last survivors of the studio era, which his career predated, most notably with the lead in a series of "Mickey McGuire" kid comedy shorts from the late 1920s to early '30s.

After signing with MGM in 1934, Rooney landed his first big role playing Clark Gable's character as a boy in "Manhattan Melodrama." Rooney soon was earning \$300 a week with featured roles in films.

Then came Andy Hardy in the 1937 comedy "A Family Affair," a role he would reprise in 15 more feature films over the next two decades.

Rooney's peppy, all-American charm was never better matched than when he appeared opposite Garland in such

films as "Babes on Broadway," and "Strike up the Band."

One of them, 1939's "Babes in Arms," earned Rooney a best actor Oscar nomination. He earned another one for 1943's "The Human Comedy."

Rooney also starred opposite Elizabeth Taylor in 1944's horse-racing hit "National Velvet," but by then, Rooney was becoming a cautionary tale for early fame. He earned a reputation for drunken escapades and quickie romances and was unlucky in both money and love.

After his failed marriage to Gardner in 1942, Rooney joined the Army, spending most of his World War II service entertaining troops.

When he returned to Hollywood, his savings had been stolen by a manager and his career was in a nose dive.

"I began to realize how few friends everyone has," he wrote in one of autobiographies.

His movie career never regained its prewar eminence. "The Bold and the Brave," 1956 World War II drama, brought him an Oscar nomination as best supporting actor. But mostly, he played second leads.

But no one ever could count Rooney out. He earned a fourth Oscar nomination, as supporting actor, for 1979's "Black Stallion," the same year he starred with Ann Miller in the Broadway revue "Sugar Babies."

Joe Yule Jr., born in 1920, was the star of his parents' act by the age of 2, singing "Sweet Rosie O'Grady" in a tiny tuxedo. His father was a baggy-pants comic, Joe Yule, his mother a dancer, Nell Carter.

His Mickey McGuire short comedies gave him a new stage name, later appended, at his mother's suggestion, to the last name Rooney, after vaudeville dancer Pat Rooney.

After a lifetime of carrying on, he became a devoted Christian and member of the Church of Religious Science. He settled in suburban Thousand Oaks, about 40 miles west of Los Angeles.

So Long and See You Later



JOSH RANDOR AS TED AND CRISTIN MILOTI AS TRACY IN A SCENE FROM THE FINALE OF "HOW I MET YOUR MOTHER" THAT AIRED MONDAY, MARCH 31ST.

BY FILIPE LOBATO
Assistant Photo Editor

Saying goodbye to something you love is never an easy thing to do, and for the fans of the hit comedy, "How I Met Your Mother," and the hit horror-drama, "The Walking Dead," it will be no different.

Although fans of "The Walking Dead" will not have to wait too long to see their favorite characters on the screen, it was a final bow for the cast of "HIMYM."

"This last episode made me realize how much I am going to miss these characters," said sophomore Sarah Klaum, speaking about the end of HIMYM. "I didn't entirely love this past season, but that does not mean that I am about to forget about these characters," she said.

"How I Met Your Mother" started nine years ago in 2005 and has had nine successful seasons. The finale aired on March 31 on CBS in a one-hour special. Although the finale set records, having a 12.9 million people watching and a 5.3 rating, there was still mixed reviews.

"The finale definitely left me feeling both happy and sad," said junior John Cifelli. "It was happy because everyone was back together, but sad because there was a divorce and a death."

"The show was about life lessons and friendships. It stayed true to its meaning until the very end," said junior Dominique Watkins. "Unlike most, I enjoyed the series finale."

On March 30, "The Walking Dead" finished its fourth season and fans were left speechless.

"I thought it was crazy. It wasn't as crazy mid-season

finale, because that was the craziest thing I have ever seen, but it was very well done," said sophomore Terry Popa.

"The Walking Dead" broke season finale records, having 15.7 million viewers watch the finale live and it was received with a lot of praise.

"When watching the finale I thought to myself how could they really end a season of constant drama, but they did it perfectly," said junior Vincent Iannitelli. "They ended the season with a cliffhanger that I could not picture what is going to happen next."

Fans of the show have a lot to look forward to when the series starts up again on October 12.

"Let's just say they ended the season in a dark place with no possible light ahead," said Iannitelli.

Sports

Men's Lacrosse Splits Conference Games



COURTESY OF SEAN ELLIOTT

THE PIONEERS WOULD EXTEND THEIR RECORD TO 2-1 IN THE NEC AFTER THEIR WIN AGAINST THE BULLDOGS.

BY MACKENZIE MALLOY
Staff Reporter

This past week, the Sacred Heart University men's lacrosse team split conference matchups with Bryant and Hobart. The Pioneers now sit at 2-1 in Northeast Conference play and 3-7 overall.

On Wednesday night, the Pioneers were held to a season-low five goals against the Bryant Bulldogs. Bryant was ranked 11th in the country heading into the game.

"We opened up conference play starting last Saturday against Robert Morris and we knew it was going to be a tough week with three games in seven days," said senior Jared Carrier.

Bryant scored the first goal of the game and held the lead for most of the first quarter. Senior Matt Gannon got the Pioneers on the board and tied the game with just over four minutes to play in the quarter. Fellow senior Cody Marquis put the Pioneers ahead 2-1 scoring with 33 seconds left in the first.

"Lacrosse is a game of run's, and when the defense was able to make stops, the offense was able to use the momentum to their advantage," said junior Mark Macdonald.

The Pioneers lead didn't last long though, as Bryant came out in the second quarter scoring twice in the first three minutes. The Pioneers were held scoreless in the

quarter and Bryant added five goals to take a 6-2 lead into the half.

Bryant extended the lead to 7-2 before Sacred Heart was able to score again. Sophomore Alex Dodge scored for the Pioneers with just under four minutes to play in the third quarter.

Early in the fourth the Bulldogs got back-to-back goals to take a 9-3 lead. Seniors Alex Miller, and Brian Masi, were the last two to score for the Pioneers getting within four points of the Bulldogs, 9-5. However, Bryant scored the last five goals of the game to win 14-5.

"We knew the Bryant game was going to be a big one with them being ranked 11th. It didn't go as planned, but we were still pretty pleased with our performance and felt like it was a closer game than the score indicated," said Carrier.

On Saturday, the Pioneers took on new Northeast Conference foe Hobart. After taking a commanding lead, Hobart battled back but the Pioneers were able to hold on for the 10-9 victory.

Both teams got on the board quickly, but Hobart capitalized on six turnovers to take a 3-1 lead at the end of the first quarter.

The Pioneers battled back in the second quarter tying the game at 5 with just over two minutes to play. Miller assisted Gannon with three seconds left in the second quarter giving the Pioneers a 6-5 edge going into the half.

Miller led all players with six points, three goals, and three assists. Masi had two goals and two assists.

"Hobart is a premiere team in our conference and we knew we would have to play great if we were going to win," said Macdonald.

Miller and Masi put the Pioneers up 8-5 in the third. The Pioneers used their 7-1 run to take a 10-6 lead in the third quarter over the Hobart Statesmen.

"As a team I thought we played very well against Hobart," said Macdonald.

Hobart was back on the board with 9:41 minutes to go in the third but Miller's third goal of the game kept Sacred Heart on top with a 10-6 lead.

Hobart scored a twice in the quarter making the score 10-9. The Pioneers defense forced two turnovers in the final minutes of the game, ending with a win 10-9.

"As a team we feel we're playing our best lacrosse of the season right now and it's showing on the field," said Carrier.

The Pioneers took on Holy Cross last night, results were not available at press time. Sacred Heart returns to the field, back at home Tuesday April 15th against Wagner at 7 p.m.

"I was happy with everyone's performance and compete level during the past two games, but there are still things that we need to work on and get better at as a team. We now need to build off our win against Hobart and start preparing for Holy Cross on Tuesday," said Macdonald.



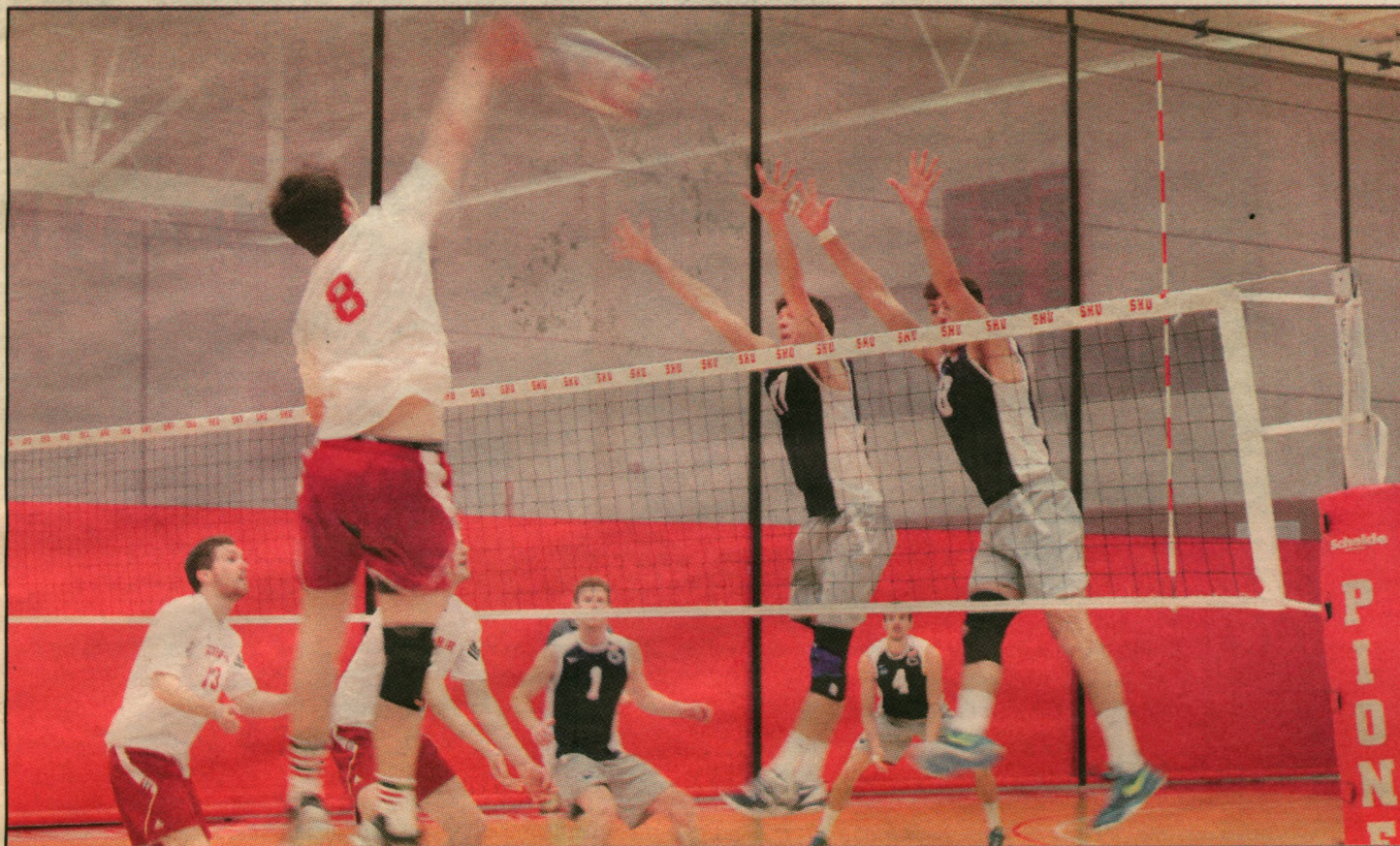
COURTESY OF SEAN ELLIOTT

Sports

“It was an amazing turn out in the Pitt and it was a lot of fun, probably the most fun we’ve had.”
Will LeClerc, Men’s Volleyball

MEN’S VOLLEYBALL

Volleyball Drops Final Home Games



THE SPECTRUM/AILEEN CASMANO

BESIDES THE LOSS, SENIORS BRAD BORSAY, WILL LECLERC, JOSE JUELLE AND JASON KINNEY WOULD BE RECOGNIZED FOR THEIR EXCELLENCE OVER THE PAST 4 YEARS.

BY JAKE USTJANAUSKAS
Staff Reporter

The Sacred Heart University men’s volleyball team completed the final two home games this past weekend. On Friday evening, the Pioneers faced Saint Francis University, losing in five sets. On Saturday, the Pioneers took on Penn State, which was senior night for the team, but the Pioneers were defeated in three sets.

“We played with a ton of energy this weekend, we had a great crowd and they really created a fun atmosphere,” said junior Ray Satagaj. “Our seniors, Brad Borsay, Will Leclerc, Nacho Juelle and Jason Kinney played awesome matches and it was a fun cap to a nice four years for them here at Sacred Heart.”

The match against Saint Francis on Friday consisted of great performances by individuals on both sides of the net. Senior Will LeClerc led the charge for the Pioneers with a season high 14 kills.

The Pioneers got off to a slow start and allowed the Red Flash to take a commanding 2-0 set lead. But the Pioneers battled back trying to mount a comeback.

Led by Leclerc, the Pioneers not

only won the following 3rd and 4th sets, but did so in convincing fashion (25-13, 25-16) as the momentum was changing from the Red Flashes side to the Pioneers.

“We showed a lot of fight tonight,” said junior Ray Satagaj. “What stuck out to me was how well we served. Guys like Enzo Mackenzie and Ben Thomas were really stroking it from their service line and it knocked St. Francis off balance.”

Despite the furious rally by the Pioneers, the comeback was too little, too late, as the Red flash took advantage of miscues on the Pioneers end and did not relinquish the lead in the fifth and final set, conquering the contest 3 games to 2.

“I definitely think we walked away not content, but rather that we left it all on the floor and played very passionately,” said Leclerc.

On Saturday, the Pioneers hosted Penn State for the final home game of the year, and senior night.

Penn state was ranked #12 nationally heading into the weekend match with the Pioneers. Sacred Heart was looking to send their seniors out with a significant victory for their last game.

LeClerc again had a team-high of

11 kills but it wasn’t enough to oust Penn State. Penn State swept the match in three sets, however the Pioneers put up a strong fight in each set.

The Pioneers trailed early in the first set, but using some trickery from sophomore setter Ben Thomas, they were able to keep it close before ultimately dropping the set 25-20.

In the second set, Penn State again got off to a hot start and the Pioneers certainly didn’t help their case for a comeback committing 15 errors that Penn State capitalized on. The Nittany Lions took the second set 25-17.

The third set proved to be the most thrilling of the match, with Sacred Heart taking an early four point lead. Penn State answered and eventually tied the score at 24. It was two Sacred Heart errors that cost them the set 26-24 and the match 3-0.

“It was emotionally different on senior night, it was an amazing turn out in the Pitt and it was a lot of fun, probably the most fun we’ve had playing at Sacred Heart,” said LeClerc.

The loss brought the Pioneers record to 10-13 overall and 5-6 in conference play this season.

PLAYbyPLAY

BASEBALL

4/5

SACRED HEART 6, FAIRLEIGH DICKINSON
SACRED HEART 4, FAIRLEIGH DICKINSON

4/6

SACRED HEART 3, FAIRLEIGH DICKINSON
SACRED HEART 9, FAIRLEIGH DICKINSON

WOMEN’S LACROSSE

4/4

SACRED HEART 9, ROBERT MORRIS 11

4/6

SACRED HEART 14, SAINT FRANCIS U 10

SOFTBALL

4/5

SACRED HEART 0, MOUNT ST MARY’S 2
SACRED HEART 0, MOUNT ST MARY’S 1

COMINGup

SOFTBALL

SACRED HEART (9-13) VS.
QUINNIPIAC (7-22)
Thursday, 3 p.m.

SACRED HEART (9-13) VS.
BRYANT (16-13)
Saturday, 1 & 3 p.m.

SACRED HEART (9-13) VS.
ROBERT MORRIS (17-16)
Sunday, 12 & 2 p.m.

WOMEN’S LACROSSE

SACRED HEART (3-7) VS.
MOUNT ST MARY’S (1-10)
Friday, 3 p.m.

SACRED HEART (3-7) VS.
WAGNER (5-6)
Sunday, 1 p.m.



THE SPECTRUM/ARCHIVES

JUNIOR CONNOR BOHL PREPARES ON THE COURT FOR THE NEXT POINT.

Sports

“We hopefully can take these experiences and build upon them to make a run in conference play.”
Kelly Keenan, Women's Lacrosse

Schooled: The Price of College Sports

BY KATIE SHEPARD
Sports Editor

On Wednesday April 2nd, the Sports Management Club hosted a film screening of the documentary “Schooled: The Price of College Sports,” and had a discussion with producers Andrew Muscato and Bobby Valentine. The documentary examines how college athletics have become a billion dollar industry created by the unpaid student athletes.

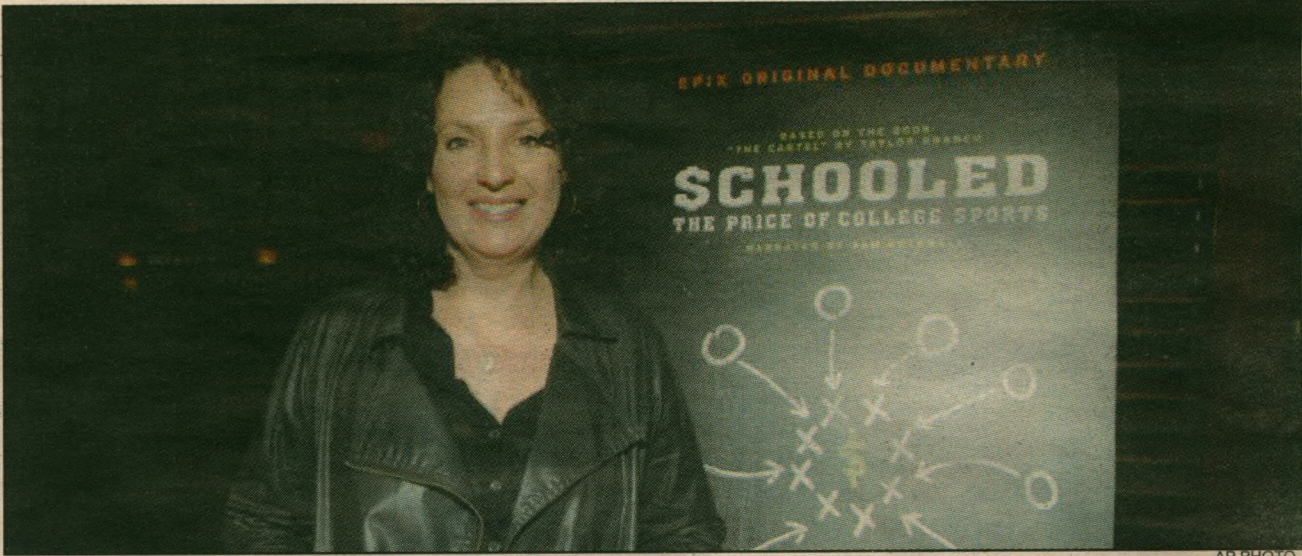
Valentine, now the Executive Director of Athletics at Sacred Heart, as well as Brad Hurlbut, the Deputy Director of Athletics, were able to bring insight from the institution standpoint, since majority of the film was predicated on the student athlete response.

“I am still trying to formulate my opinion on exactly what should be done, but I do believe that something needs to be done,” said Valentine. “It is an older system that hasn’t adjusted real well to today’s world, that being said, the athlete on campus needs to be regulated and the NCAA does a great job with that.”

The documentary is based of the book, “The Cartel,” by historian Taylor Branch. Branch along with many former student athletes, writers, and college officials appear within the documentary to explain their side, both supporting the payment of student athletes as well as the institutions case.

The debate of the NCAA paying the student athlete has been ongoing for quite some time, but has recently come to the forefront with former Northwestern football players trying to form a labor union and continuing to work in conjunction with the Ed O’Bannon case that is in the documentary.

“I do think student athletes should be paid largely based on equal distribution within the athletic programs,” said junior Kyle Church, a member of the Sacred Heart



EPIX'S DIRECTOR OF DOCUMENTARY PROGRAMMING JILL BURKHART ATTENDS THE EPIX SCREENING OF SCHOOLED: THE PRICE OF COLLEGE SPORTS PRESENTED BY THE IDA AT LANDMARK THEATER ON JANUARY 29, 2014 IN LOS ANGELES.

football team. “People forget that we sacrifice our bodies, time, and social life just to create a residual income not only for our school but also the NCAA.”

The world of college athletics has grown exponentially since the NCAA inception of the “student-athlete” and this term was created to protect universities and colleges from having these athletes as employees and thus subject to workman’s compensation.

“You’re not asking me this right? You already know,” when asked if student athletes should be compensated, said junior Gabby Washington a member of the Sacred Heart women’s basketball team. “As athletes we don’t have other means of compensation for the things we need.”

The most common argument that the NCAA and most institutions use is that the education that these

students are receiving cannot have a price tag placed on it.

In the film, University of Nebraska-Lincoln chancellor Harvey Perlman stated, “If you don’t like the deal (of schools paying for tuition and other costs) then go do something else, it’s that simple.”

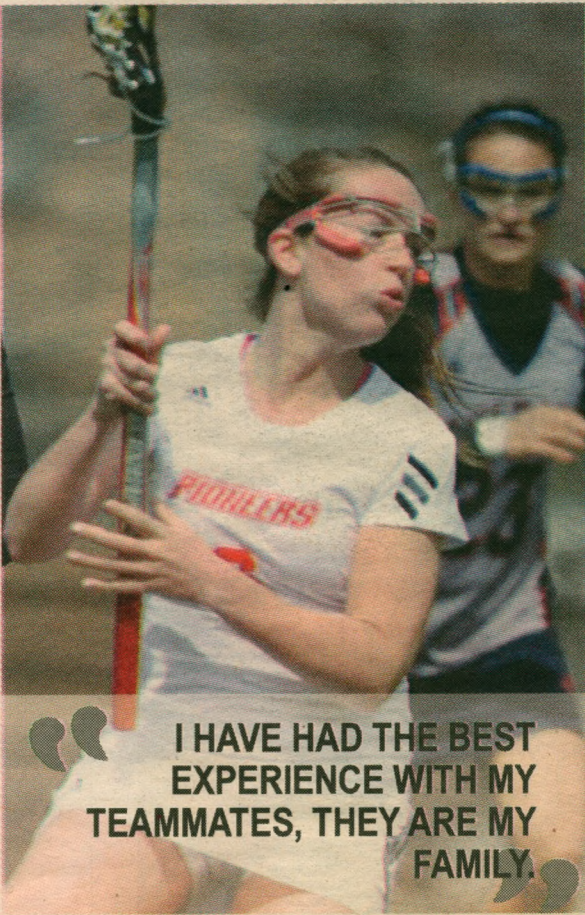
Sports economists have created many models of how the NCAA should go about paying the student athlete, but first many argue is getting the student athlete a seat at the table. That is one of the major goals of the football players of Northwestern whose labor union will come to a vote on April 25.

“I don’t think this is going to go away,” said Valentine. “The idea of getting a seat at the table is probably going to be augmented by the Northwestern actions.”

PLAYERS of the WEEK

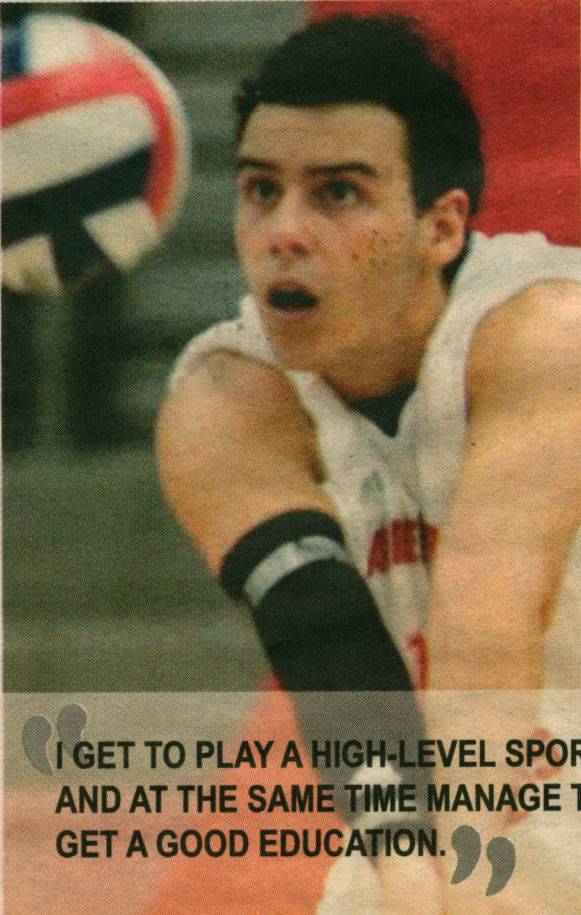
DEMI ENZO LOPEZ MACKENZIE

HOMETOWN
Wading River, New York
YEAR Junior
MAJOR
Business Administration
SPORT
Women’s Lacrosse,
Midfield
STATS/AWARDS
Captain, scored first career goal in victory over SFU 4/6



“I HAVE HAD THE BEST EXPERIENCE WITH MY TEAMMATES, THEY ARE MY FAMILY.”

PHOTO COURTESY OF SACRED HEART ATHLETIC DEPARTMENT



“I GET TO PLAY A HIGH-LEVEL SPORT AND AT THE SAME TIME MANAGE TO GET A GOOD EDUCATION.”

PHOTO COURTESY OF SACRED HEART ATHLETIC DEPARTMENT

HOMETOWN
Rio de Janeiro, Brazil
YEAR R-Junior
MAJOR Business Administration and Sports Management
SPORT Men’s Volleyball, Outside Hitter
STATS/AWARDS
242 kills and 35 service aces in 2014 season